

White, Blue, Red, or orange Belts

Candidates will be asked to demonstrate selected moves from the list below.

BASICS

HAND TECHNIQUES

- Straight Punch
- Reverse Punch
- Jab Punch
- Rear Hand Palm Strike

BLOCKING TECHNIQUES

- Lead Arm Upper Block
- Lead Arm Lower Block

KICKING TECHNIQUES

- Lead Leg Front Kick
- Lead Leg Round Kick

DRILLS

- Jab, Cross, Back Leg Round Kick

Sparring

- Multiple Rounds (Non-Contact)



松涛館空手道